

Hawaii MARINE SPORTS

Hawaii Marine C Section

November 14, 2003

Bulldogs shutout, knock-off Demons

Kristin Herrick
Staff Writer

Players and fans braved the elements for Monday night football at Pop Warner Field, where the Bulldogs of 1st Battalion, 12th Marine Regiment, took on the 3rd Radio Battalion Demons in the first playoff game of the season.

The Demons won the coin toss, but that is all that went their way, as the Bulldogs claimed victory by a score of 29-0 to advance in the Intramural Tackle Football League playoffs.

The first half started slow for both teams, with the Bulldogs scoring their only points off of a Demon fumble. The turnover came late in the first quarter, and with key first down runs by Garrick Royster and Duane Williams, the 'Dogs took the ball all the way to the six yard line. The Demon defense held strong in the red zone, but Bulldog kicker Thomas Callahan was still able to hit a field goal with 12:07 remaining in the second quarter.

The Bulldogs had another

chance to score with less than a minute to go in the first half, but Thomas Gilpin's pass was picked off in the end zone.

The Bulldog offense ran all over the Demons in the second half of play, scoring 26 of their 29 points.

First possession went to the Demons as the second half got underway, but their offense didn't have the chance to get too comfortable as they fumbled on the second play of the drive. Michael Lacey was there to scoop up the ball, giving the Bulldogs another golden opportunity.

Gilpin and company needed only three plays to get the ball into the end zone on the pass to Johnnie Mathis. The extra point was good to put the Bulldogs up 10-0.

The Demons began with decent field position after the Bulldog kick-off went out of bounds, but an offensive pass interference penalty and yet another fumble spoiled their efforts.

See BULLDOGS, C-8



Kristin Herrick

Bulldog running back Seth Waggoner looks to break through a hole in the Demon defense. The Bulldogs' season by defeating them in the first round of the Intramural Tackle Football League playoffs.

Bandits overrun Outlaws, 31-12

Kristin Herrick
Staff Writer



Kristin Herrick

Outlaw running back Fredrick A. Smith cuts through a big hole in the Bandit defense to come up with a big gain. The Outlaws got it together late in the game to score two touchdowns in the fourth quarter.

The Marine Aircraft Group 24 Bandits dominated both sides of the ball in their 31-12 victory over the Combat Service Support Group 3 Outlaws, Nov. 3 at Pop Warner Field aboard MCB Hawaii, Kaneohe Bay.

"It was an outstanding game," said Bandit head coach Rick Hargrave. "Our offense was clicking and our defense looked good tonight."

The Bandits put numbers on the board early in the first quarter after big plays by Keino "Smoke" Thomas. He had a strong run on the first down of the game and connected with wide receiver Corey Moore later in the drive to bring the Bandits close to the end zone. The Outlaws played some hard-hitting defense and held the Bandits to a field goal, kicked by Tim "The Leg" Legros.

Tough defense forced the Outlaws to punt on their first offensive possession and the Bandits wasted no time in marching down the field once again. After key gains by the Thomas-Moore duo, Maurice Cohen punched it in for a touchdown with 12:18 left in the first half. The point after attempt by Legros was good, bringing the score to 10-0.

The Outlaws went three and out on their next possession, putting the Bandits in good field position. The Outlaws came up with big defensive stops on the drive. Add that to an intentional grounding penalty on Thomas and things were not looking

See BANDITS, C-8

Surfer Showdown hits Pyramid Rock Beach Nov. 22

Edward Hanlon V
MCCS Public Relations

Show your worth in the surf at the Pyramid Beach Surf Showdown. The meet hits the beach Nov. 22, from 7 a.m. to 5 p.m., and is open to military of all services, family members and DoD cardholders.

The competitions include youth surfing and bodyboarding for family members ages 14 years and under, as well as contestants ages 15 - 19 years old. Amateur surfers can battle it out in the Men's Division (18 - 30 years), Men's Masters (31 and up), the Women's Open (all ages), the Men's Longboard Division (all ages) and the Women's Longboard Division (all ages).

The entry fee is \$15 for adults and \$10 for youth; however, day-of-event entries will be charged an additional \$10. Each participating surfer will receive a Surf Showdown T-shirt.

Surfers are competing for prizes compliments of Wave Waikiki, Hawaiian Island Creations, Mr. Zog's, Hawaiian Tropic sun care products and G. Simpkins/Mary Kay.

Entry forms can be found and dropped off at MCB Hawaii Aquatics on Kaneohe Bay, Bldg. 274.

Come down to participate or just check out the action. For more information, call 254-7655.

Patrol Squadron 9 shuts out CPRW-2, 11-0, in five innings

Kristin Herrick
Staff Writer

It took only five innings for the Patrol Squadron 9 squad to gain victory over Commander Patrol & Reconnaissance Wing 2, 11-0, in week four of the Winter Intramural Softball League, Oct. 4 at Reiseley Field.

The CPRW-2 team looked hopeful early in the first inning, but all three of its hits led to outs. Patrol Squadron 9, on the other hand, hit one home run and racked up four total scores in the inning.

Commander Patrol & Reconnaissance Wing 2 followed the same trend in the innings to follow, getting a few hits, but no points on the board. Patrol Squadron 9 contin-

ued to rack up points, scoring three in the second inning, but slowed down in the third with only one run.

Patrol Squadron 9 showed no mercy in the fourth, holding CPRW-2 to zero runs and scoring two of its own.

Heading into the fifth, down by 11, CPRW-2 had to get something going to keep the game alive. The VP-9 defense proved strong shutting out CPRW-2 and ending the game.

"We played pretty good considering we're missing some starters," said VP-9 head coach Ken Phelps. "We have a great group of guys and a good solid team."

With this win, VP-9 improves its record to 8-1, while the CPRW-2 team goes to 4-5.



Kristin Herrick

Pitcher Forrest Elbeck swings for Commander Patrol & Reconnaissance Wing 2 during week four of the Winter Intramural Softball League.

BASE SPORTS

Edward Hanlon V MCCS Marketing

Football Is Here!

•Catch your team live on Direct TV’s “NFL Ticket,” Sunday morning at any of three clubs aboard Kaneohe Bay: Kahuna’s Sports Bar & Grill, the (Staff NCO Club’s) Rocker Room and the Officers’ Club. Get the big-screen treatment and enjoy breakfast in a comfortable and fun atmosphere.

•Watch the Pittsburgh Steelers take on the San Francisco 49ers at 6:30 p.m., Monday night at one of your K-Bay clubs.

Intramural Winter Softball League to Debut

Swing by either the Reiseley or Annex Fields and cheer on your unit’s softball team. Step up to the plate and call Marine Corps Community Services Athletics at 254-7591.

Army-Navy Game Plays at the O-Club

Tailgate the military’s favorite football game in the Koa Bar at the Officers’ Club on Dec. 6, from 11:30 a.m. to 2 p.m.

Enjoy fajita bar cuisine, chicken wings and burgers. Also, the club will be offering a continental breakfast from 10 to 11:30 a.m., so arrive early and dig in. Cost is \$12 per person, \$6 for children 5 through 11 years. For more details, call 254-7650.

Color Pin Special Runs at K-Bay Lanes

Every Wednesday, from 5 - 9 p.m., head over to the K-Bay Lanes for a bowling bargain. Roll a strike when a colored pin is in “head-pin” position (the pin will be noticeably different in color), and if you make the play, you win up to three free games of bowling at K-Bay Lanes. All patrons are welcome to this deal.

All Marine Cross-Country Team Forms

The MCCS Athletics office seeks Marines interested in competing in the Hawaii Armed Services Athletic Counsel (HASAC) Interservice Cross-Country Championship. The team will compete against the Army, Navy, Air Force and Coast Guard in Hawaii on Nov.

22 at 7:30 a.m.

The All-Marine team will be comprised of 12 men and five women.

Marines who then qualify for the Armed Forces Team will advance to the CISM World Military Cross-Country. That event will be held Feb. 5 through 9 in Indianapolis, Ind.

Fifteen Marines will be selected: seven for the Men’s Open Division, (under 35 years of age) five for the Men’s Masters Division (35 and above), and three for the Women’s Open (active duty Marines and spouses of Marines are eligible for the Women’s Open).

For more information, contact Steve Kalnasy at MCCS Athletics at 254-7590 or 254-7591.

Those interested must submit resumes to MCCS Athletics by Dec. 5.

Inexpensive, Entertainment Strikes at K-Bay

Look no further for economical fun! Mondays through Thursdays, all E-5 and below receive free rental shoes and discounted games at only \$1.50 per game at the K-Bay Lanes

bowling alley.

The discount is good for open play, and does not qualify for tournaments, leagues or unit functions.

For more info, call 254-7693.

3rd Radio’s Turkey Trot Arrives in Time for Thanksgiving

Mark your calendar for Nov. 22 when 3rd Radio Battalion will host an event for the entire family. The “Turkey Trot” will include a one-mile Family Fun Run and a 10K run aboard MCB Hawaii, Kaneohe Bay. The race is open to the public and will begin at Pop Warner Field at 8 a.m.

For more information or to register, call 254-7590.

Summer Swim Offered by MCCS Aquatics

Get a little sun and a great workout by taking summer swim lessons at the K-Bay base pool. Classes are only \$35 per session, and include eight lessons per session, held Tuesdays through Fridays for two-week periods.

Group and private surfing lessons, as well as springboard diving lessons, are also available.

Call 254-7655 for more details.

Sportsmen are ‘Gone Fishin’

Join Mahalo Kai Fish & Dive Charters for a day beyond the bay. Deep-sea fishing adventures are just a cast away with numerous packages to accommodate your fishing objective.

Spend your day off the coast of windward Oahu catching some of the ocean’s most exotic and tasty fish.

Dive charters are also available in the crystal clear waters surrounding the base.

Call 254-7667 for more info.

Massage Therapy Relieves Fatigue

Massage therapy, by certified massage therapists, is available at both Kaneohe Bay and Camp H. M. Smith. The massage therapy program will help relieve your mental and physical fatigue and improve overall circulation and body tone.

Appointments are available by calling the Kaneohe Bay Semper Fit Center at 254-7597, or call the Camp Smith gym at 477-5197.

Pools Invite Swimmers to Take the Plunge

Wet your feet and beat the heat at any one of the four MCCS pools.

Pool locations are the Kaneohe Bay main pool (Bldg. 981), Hilltop pool (Bldg. 502 for O-Club members only), Camp Smith pool (Bldg. 125), and Manana Housing pool (Bldg. 840).

Beginner Fitness Program Gets Underway

The Semper Fit Center hosts eight-week sessions that meet twice a week with a Certified Personal Trainer to assist those wanting to learn how to exercise the correct and smart way. Call 254-7597 for details.

Base All Star

NAME: Steve Annichiaricho

UNIT: Marine Aircraft Group — 24

BILLET: Training

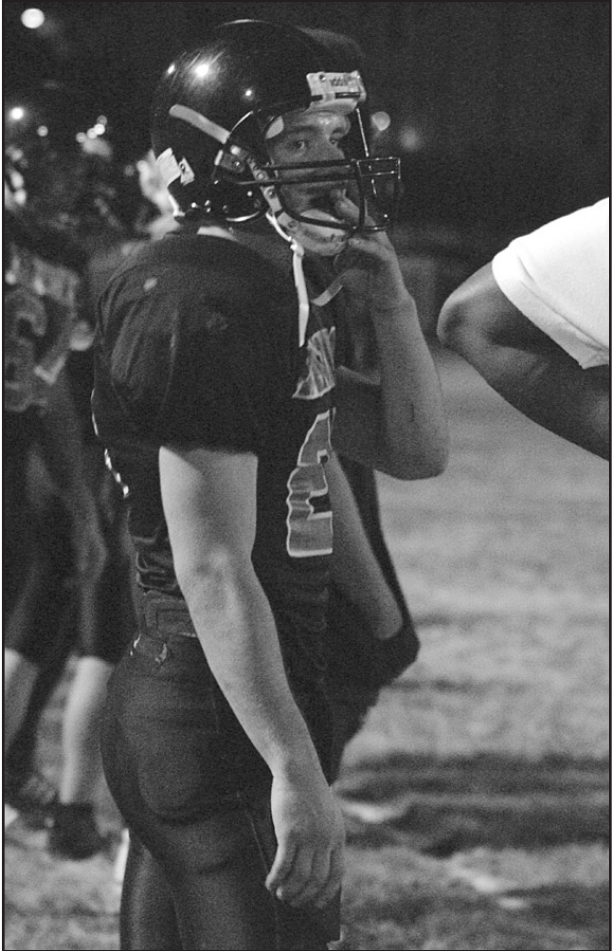
AGE: 19

SPORT: Football

POSITION: Defensive back

TEAM: Bandits

GREATEST SPORTS ACHIEVEMENT: Being a member of this year’s MAG-24 Bandits team and playing a part in winning all of its games.



Kristin Herrick

“I just love the game — being in the huddle and on the field. It’s great to be a part of this team.”

2003 Tackle Football Standings

(As of Oct. 30.)

TEAM	WINS	LOSSES
MAG-24	5	1
Headquarters Bn.	5	2
3rd Marine Regiment	3	3
3rd Radio Bn.	2	4
1/12	1	1
CSSG-3	1	1
Camp H. M. Smith	1	6

2003 Tackle Football Schedule

(At Pop Warner Field, Kaneohe Bay)

Wednesday	Playoff Game
Thursday	Playoff Game
Nov. 26	Championship Game

COMMUNITY SPORTS

Haleiwa Beckons Fishermen

Pick up your reel and bait and head out to Haleiwa Joe’s Charity Fishing Tournament, today through Sunday. Great prizes and live entertainment await all entrants in this tourney.

Compete in the following categories: manini (7 and under), keiki (8 to 12 years), teen (13-17) or adult (18 and over).

For more details, call 247-6671.

HTMC Hikes Halapepe Nui

You have three different opportunities to join the Hawaiian Trail and Mountain Club on hikes this weekend.

•Saturday at 8 a.m., come one, come all, female hikers, and traipse the Koolaus from Pali Highway to Waimanalo on a 10-mile trail. The views will be spectacular on this the 4th Annual All Wahine Hike, and there will be little elevation gain when going the distance on this one. Shuttles will be provided back to vehicles. Contact Joyce Oka at 674-1459 t sign up.

•Also, Saturday, at 5 p.m., hikers can make new acquaintances at the clubhouse barbecue potluck. For entertainment, gather ‘round for the slide show of hiking and trekking adventures in Switzerland, to include the Eiger and the Matterhorn. Contact Bev Valentino at 595-6363 to sign up and give the potluck dish you will bring. If you don’t cook,

simply donate \$7 towards food; non-members donate \$9.

•Sunday at 8 a.m., hikers can follow the abandoned plantation trail and delight in winter rains that fill swimming holes with clear, cool water during the Waimalu Ditch hike. Call Coordinator Stuart Ball at 247-5380 to sign up.

On all HTMC hikes, a \$2 donation is requested for each nonmember hiker, ages 18 and over. A responsible adult must accompany children under 18.

Firearms, pets, radios and other audio devices are prohibited on hikes.

Armed Services YMCA Holds First “Gobble Dash”

Build your team of six persons to compete in the 1st Annual Gobble Dash, Nov. 15 at Pop Warner Field. Registration will begin at 8 a.m., and the race will begin at 10 a.m. Runners can choose from two categories: Division 1 for military personnel and Division 2 for children 16 and under.

Preregister for this free event at 473-3398, or sign up on race day, which will be complete with lots of fun and cheerleaders from local high schools to inspire you.

Tour de Cure to Benefit Diabetes

It’s not too late to sign up for the Kraft Crystal Light “Tour de Cure Hawaii” bicycling event, Nov. 16 at Kapiolani

Park. Choose from the 50K that travels to Waimanalo and back to Kapiolani Park beginning at 7 a.m., or the 25K that travels to Hawaii Kai and back starting at 7:30 a.m.

For more details, call 947-5979.

State Offers Free Recreation

The Hawaii Department of Land & Natural Resources is offering education classes. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

For more information about programs, or to sign up for the next available course, call 587-0200.

Bellows Hosts Outdoor Recreation

This summer, you can be awash in outdoor activities at Bellows.

Learn how to choose the best waves to shoot the curl, as Bellows offers body boarding lessons Fridays at 1 p.m. The cost is \$12 per person and includes the use of a body board.

Also, learn ocean kayak skills, including deep-water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information on what Bellows has to offer, call 259-8080.

Bellows Sponsors Camping

Bellows offers a great climate for year-round camping. You can pitch your tent at one of 60 wooded and oceanfront campsites, all within a close walk to what many consider the best beach on the island of Oahu.

Bellows offers a full line of camping gear rentals to meet all of your camping needs. Camping kits include one six-man tent, a lantern, a Coleman stove, a cooking kit, two camping cots, two sleeping bags, an extra large ice chest, and a five-gallon water jug — all for just \$30 a day or \$154 a week.

Marines and Sailors

Get in Shape with ShipShape

You may think the best way to lose weight is by deprivation or taking a fat-burning pill or some quick technique, but it’s not. Whether you are just starting a fitness program, exercising for weight management, or need to improve your physical fitness test, the ShipShape program can help you meet your goal.

Achieving and maintaining a healthy and fit lifestyle is often difficult, but the skills and tools provided during this program will enable you to meet your goals. The eight-week, action-oriented program focuses on combining balanced nutrition, exercise and behavior modification techniques. Call 471-9355 for more information or to sign up.



THE BOTTOM LINE

(Editor's Note: "The Bottom Line" is our weekly sports commentary in the Hawaii Marine from two sports aficionados who rarely see eye-to-eye when it comes to America's one true obsession – sports. Chances are you'll probably either agree with one of their takes, or disagree with both. Our two resident sports junkies welcome your e-mails. We will print the top comments of the week from our readers. Contact Sgt. Lindsay at lindsayjb@mcbh.usmc.mil and Capt. Robbins at robbinskd@mcbh.usmc.mil. Remember, "If you don't speak up, you won't be heard!")

Can LeBron and 'Melo' save the NBA?

Capt. K. D. Robbins
The Professor

The comparisons are many. Like the seed that becomes the flower, "King" James and "Melo" will resurrect the drug-using, limo driver-shooing, wife-beating National Basketball Association from effigy among the professional sports.

In 1979, Earvin Johnson was selected by the Los Angeles Lakers. He was the final piece of the championship puzzle that included Kareem Abdul-Jabar, a five-time MVP (six with Johnson's help) and an assistant, soon to be head coach who's slick-back hair and Armani suits would soon become the standard for NBA leaders league wide.

One year earlier, after being selected sixth overall by the Boston Celtics, Larry Bird knew he was in for something good. He was selected to be a part of the strongest franchise in NBA history, an organization where the owner has more rings as a coach than many teams have in their history, an organization still riding the immortality of Bill Russell and an unprecedented 11 championships in 13 seasons.

Neither the Cavaliers, nor the Nuggets have the history of the

Lakers and Celtics. They never will. Yes. I said never.

We won't see LeBron running "Showtime" in Cleveland. We won't see Carmelo steal an inbound pass, with seconds remaining, and find Dennis Johnson cutting to the rim for the buzzer-beater win in the Garden. LeBron alone is "Showtime." Ricky Davis is not Byron Scott. Darius Miles is not James Worthy. And, with the utmost respect, Paul Silas is not Pat Riley. Cavs legends Mark Price and Brad Daugherty are not Jerry West and Wilt Chamberlain.

Carmelo doesn't have a Boston Garden. The altitude of the Rockies won't make us light-headed enough to confuse Nene Hilario with Robert Parish. We won't remember Alex English the way we remember Kevin McHale.

Bottom Line: The NBA is starving. The league is staking its future on its history.

Don't confuse James and Anthony for Johnson and Bird. Simply let them be "King" James and "Melo."

Who knows? Maybe the Lakers will trade Kobe for LeBron, and the Celtics will acquire Carmelo through free agency — that might work.

Sgt. Joe Lindsay
The Goat

The Goat remembers the days of watching NBA Finals games on tape delay. He remembers his Dad waking him up for the 11:30 p.m. tip-offs on school nights, not only when Rick Barry's Golden State Warriors were sweeping the highly-favored Washington Bullets in '75, but also for the rest of the NBA Finals matchups throughout the decade.

Then, a funny thing happened. It happened during the 1979-80 NBA season, when a guy named Bird from French Lick, Ind., and a smooth-as-silk point guard from Lansing, Mich., called Magic, came into the foray.

All of a sudden The Goat wasn't the only kid on the block bragging that he'd seen the NBA Finals the night before. No longer would his stories of Gar Heard draining a 30-foot turnaround rafter-scraper at the buzzer, only to see the Suns lose to the Celtics in triple overtime, mesmerize his cohorts in crime during recess. No longer would his tales of Bill Walton and Blazermania beating down Dr. J, Chocolate Thunder and the Sixers mean as much. No longer would impromptu asphalt haiku's ode to "Downtown" Freddie Brown

and the Seattle Supersonics earn The Goat the ears of his peers.

The NBA had gone prime time. CBS quit recording the games for retelecast, and started showing them live. The main reason for the resurgence of the NBA after a decade of indifference in the '70s was the intense rivalry between Earvin "Magic" Johnson and Larry Bird, and the ensuing battles the Lakers and Celtics fought on behalf of those two great hardwood warriors. Their rivalry saved the NBA. It brought back the ghosts of Bill Russell vs. Wilt Chamberlain. It brought back pride to the NBA. It brought back fans. And, it brought back money.

Can LeBron save the NBA?

Bottom Line: LeBron cannot save the NBA by himself. Only Michael Jordan can do something like that. But LeBron probably can save it with some help. That help will have to come from Carmelo Anthony. The NBA is counting on them. LeBron vs. Carmelo is the closest thing we've had to Bird vs. Magic in years. Unfortunately, the Cavaliers vs. Nuggets is the closest thing we've had to the Cavaliers vs. Nuggets in years too. Perfect for late-night television.

READERS STRIKE BACK

Reader cites The Professor and The Goat as symbols of society's woes

If The Professor and The Goat, and others of like minds, spent half the time studying the financial world as they did sports, they would probably be

multimillionaires by now.

The Professor and Goat are symbols of what is wrong with our society, where people know more about some running back from Nebraska's yards per carry average or some baseball player's slugging percentage than they

do about real life.

Do these guys have a life? It is one thing to follow sports, but these two characters are bordering on having obsessive compulsive disorders. I urge both of you to seek help.

I will continue to read *The Bottom*

Line, if only to see when these two implode, and have mental breakdowns by feeding their obsessions at the all-you-can-eat sports buffet.

— *John Gollner*
Honolulu

SPORTS AROUND THE CORPS

New York Giants recognize Marine Corps



Service members from each branch of the military represented the armed forces in a joint color guard at Giants Stadium, Sunday.



When the game ended, the New York Giants lost to the Atlanta Falcons, 27-7.

Story and Photos by
Cpl. Beth Zimmerman
New York Public Affairs

NEW YORK — As a chilly New Jersey wind whipped through Giants Stadium, a rowdy crowd anticipated another National Football League game. On the field below, a few good men helped kick off the game.

The New York Giants recognized Col. Ronald J. Johnson, the commanding officer of the 24th Marine Expeditionary Unit, Camp Lejeune, N.C., as Honorary Giants Captain for Military Appreciation Day, Sunday.

Johnson met the team captains from both New York and the Atlanta Falcons on

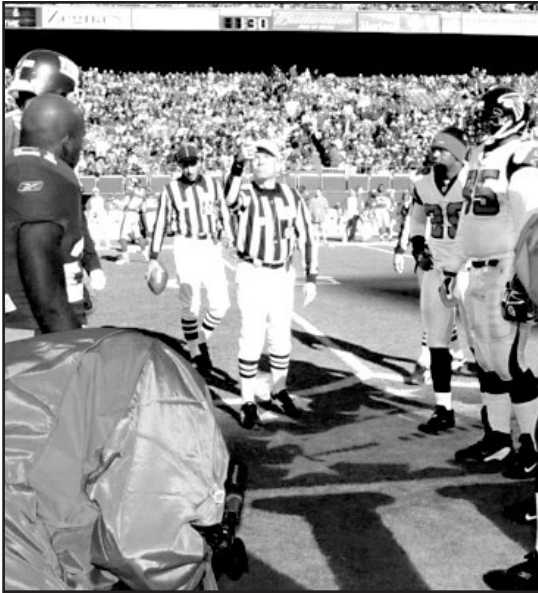
the 50-yard line for the official NFL coin toss. Sergeant Maj. Donnie R. Barrett, MEU sergeant major, accompanied the colonel onto the field.

The referee tossed the 24th MEU unit coin to determine which team would kick off first. The side of the coin with the Marine Corps emblem was "heads," and the side with the unit logo was "tails."

Johnson said the game was a great experience.

"It was a privilege and an honor to go out there and represent the Marine Corps, especially on the Corps' 228th birthday."

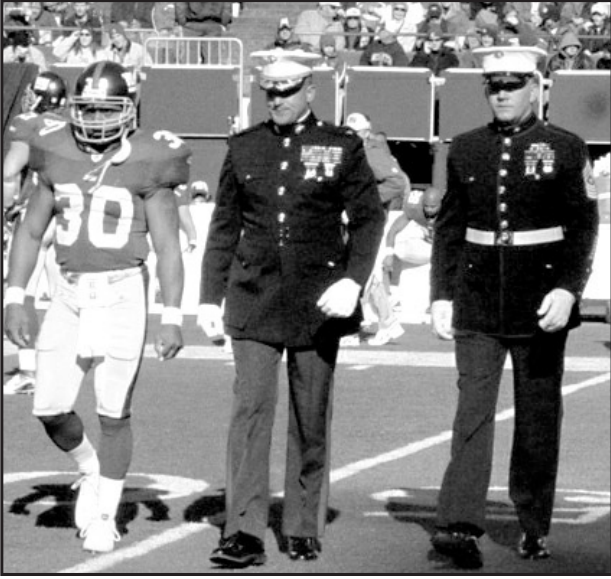
The Falcons beat the Giants, 27 - 7.



In honor of the Marine Corps, the referee tossed the 24th MEU unit coin during the game starting coin toss.



New York Giants greeted Johnson on the field after the coin toss.



Johnson and Barret are escorted onto the field for the official NFL coin toss by a New York Giant.



spotlight on health

CDC says antibiotics are not a ‘cure all’

Over or inappropriate use of antibiotics can give an unneeded boost to drug-resistant bacteria

NAPS
Featurettes

The Centers for Disease Control and Prevention (CDC) has news for parents this cold and flu season: Antibiotics don’t work for a cold or the flu.

Antibiotics kill bacteria, not viruses. And viruses cause colds, flu and most sore throats. Antibiotics don’t touch viruses — never have, never will. And it’s not really news. It’s a long-documented medical fact.

But, tell that to parents seeking relief for a child’s runny nose. Recent research shows that most Americans have either missed the message about appropriate antibiotic use or they simply don’t believe it. It’s a case of mistaken, popular belief winning out over fact. According to recent public opinion research, there is a perception that “antibiotics cure everything.”

Americans believe in the power of antibiotics so much that many patients go to the doctor expecting to get a prescription. And they do. Why? Physicians often are too pressured for time to engage in lengthy explanations of why antibiotics won’t work. And when the diagnosis is uncertain — as

many symptoms for viral and bacterial infections are similar — doctors are more likely to yield to patient demands for antibiotics.

Risk of Antibiotic-Resistance

The problem is, taking antibiotics when they are not needed can do more harm than good. Widespread inappropriate use of antibiotics is fueling an increase in drug-resistant bacteria. And sick individuals aren’t the only people who can suffer the consequences. Families and entire communities feel the impact when disease-causing germs become resistant to antibiotics.

The most obvious consequence of inappropriate antibiotic use is its effect on the sick patient. When antibiotics are incorrectly used to treat children or adults with viral infections, such as colds and flu, they aren’t getting the best care for their condition. A course of antibiotics won’t fight the virus, make the



patient feel better, yield a quicker recovery or keep others from getting sick.

A less obvious consequence of antibiotic overuse is the boost it gives to drug-resistant disease-causing bacteria. Over the last decade, almost every type of bacteria has become stronger and less responsive to

antibiotic treatment when it really is needed. These antibiotic-resistant bacteria can quickly spread to family members, school mates and co-workers, threatening our communities with a new strain of infectious disease that is more difficult to cure and more expensive to treat.

According to the CDC, antibiotic resistance is one of the world’s most pressing public health problems. Americans of all ages can lower this risk by talking to their doctors and using antibiotics appropriately during this cold and flu season.

What to do for colds and flu

- Children and adults with viral infections recover when the illness has run its course. Colds caused by viruses may last for two weeks or longer.
- Measures that can help a person with a cold or flu feel better:
 - Increase fluid intake
 - Use a cool mist vaporizer or saline nasal spray to relieve congestion
 - Soothe throat with ice chips, sore throat spray or lozenges (for older children and adults)
- Viral infections may sometimes lead to bacterial infections. Patients should keep their doctor informed if their illness gets worse or lasts a long time.

Source: Centers for Disease Control and Prevention

“ quotable ”

The most important trip you may take in life is meeting people halfway.

— Henry Boye


BULLDOGS, From C-1

The Bulldogs recovered the ball in the red zone, and it didn't take long for Royster to muscle it in for the touchdown with just over five minutes left in the third quarter. The point after attempt was no good after the holder couldn't get down a high snap.

Turnovers continued to plague the Demons into the fourth quarter when the Bulldogs forced another turnover, picking off a Ricky Fleming pass. Williams converted on a touchdown run with 9:24 to go in the game. The PAT was good, extending the Bulldog lead to 23.

Facing a shutout, the Demons tried to get a drive going, but the Bulldog defense was still going strong and held the drive to one set of downs.

With field position on the Demons 15 yard line, all it took was a few runs by



Kristin Herrick

“Showtime” Daniels of 1/12 tries to shake off 3rd Radio Battalion defender Jeremy Rose in the first playoff game of the 2003 Intramural Tackle Football League.

Royster to give the Bulldogs six more points. They couldn't convert the two-point conversion, but their 29-point lead was more than enough to claim victory over the Demons.

Even with the win, the Bulldog coaches didn't think their team played to full potential.

“We need to put the whole game together,” said Bulldog head coach Jeffrey Walters. “We got it in the second half, but we have to make it happen earlier.”

“We had too many mental mistakes and we made some bad decisions on offense,” said Bulldog defensive coach Leon Kennedy. “Overall, we played alright, but I know these guys and I know they can play better than this.”

The Bulldogs will take on the MAG-24 Bandits in the Intramural Tackle Football League semifinals Oct. 19 at Pop Warner Field.



Kristin Herrick

BANDITS, From C-1

good for the Bandits. They had to punt the ball away, but got it right back on an intercept by Bandit defensive back Steve Annichiaricho.

Fortunately for the Outlaws, the Bandits were unable to convert on the turnover as time expired in the third quarter.

After a nonscoring drive by the Outlaws, the Bandits decided to get down to business and secure the win. Cohen took it in for the touchdown, and Legros tacked on the extra point, putting the Bandits up 17-0.

The Bandits were close to getting two points on a safety after the Outlaws punter fumbled the snap, but the play was called back on a penalty. This gave the Outlaws another shot, but they couldn't take advantage. The Bandits picked off Outlaw quarterback Ezekiel Winchester's pass to gain possession.

The Bandits took the ball into the fourth quarter when Thomas once again connected with Moore for the touchdown. Legros was good for his third PAT of the night.

Desperation kicked in for the Outlaws; they had to score or risk

being shut out. They stepped up, and with the help of Fredrick Smith, drove the ball down for the score. Smith ran in for the touchdown, but the two-point conversion failed, leaving the Outlaws with only six points.

The Outlaws tried an onside kick, but didn't go the required 10 yards, so the Bandits took over. With a big lead, coach Hargrave didn't want to risk injury to his star quarterback, so he put wide receiver Jeremy Brown in to throw the ball.

Throw the ball he did. Brown hit Moore in the end zone with exactly one minute left in the game.

With the Bandit defense tiring, the Outlaws had a chance to make the score look a little more respectable. Aaron Durbin came down with a Winchester pass in heavy coverage to score the Outlaw's second touchdown of the night.

“It just came together too late for us, said Outlaw coach Mike Craighead. “Our offense was coming back; we just ran out of time.”

With this win, the Bandits improve their record to 6-1, while the Outlaws fall to 1-2. All teams received a clean slate when the single-elimination playoffs began earlier this week.